Getting Started

The *Risk Watch: Unintentional Injuries* Student Workbooks (kindergarten through grade six) are designed to supplement your injury prevention lessons. Each risk area includes a caregiver letter and three activity sheets. We hope this format makes it easy for you to download and print the worksheets you want to use with your students.

It's easy to use. Just click on the grade level you are teaching and you will find the eight topics. Student activity sheets and the caregiver letter can be found within the appropriate topic.

We have also included additional reproducible pages from *Risk Watch: Unintentional Injuries*. You will find the Knowledge Test, Test Score Summary Sheet, Caregiver Letters, Community Bulletins, *Risk Watch* Diploma, "Success" Incident Form, and Survey Form. Just select the item you would like to download and print.

These materials are copyrighted by NFPA. Duplication is intended for classroom use only.

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National Center for Injury Prevention and Control

Centers for Disease Control and Prevention 4770 Buford Highway, NE, Mailstop K63

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http://www.cdc.gov/

National Highway Traffic Safety Administration

Office of Occupant Protection

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Dear Parent or Caregiver:

Our class is learning about injury prevention through an exciting program called *Risk Watch*®. Developed by the nonprofit National Fire Protection Association (NFPA) with co-funding from the Home Safety CouncilTM, *Risk Watch* is a comprehensive curriculum designed to give children in preschool through grade eight the information and support they need to make positive choices about their personal safety and well-being. The program targets the top eight risk areas for this age group: motor vehicle safety; fire and burn prevention; choking, suffocation, and strangulation prevention; poisoning prevention; falls prevention; firearms injury prevention; bike and pedestrian safety; and water safety.

Why is it so important to teach kids about safety? Because each year more school-age children are disabled or die from unintentional injuries than from kidnapping, drugs, and disease combined. These are tragedies that affect not just the child and family, but his or her classmates, friends, and the community as a whole.

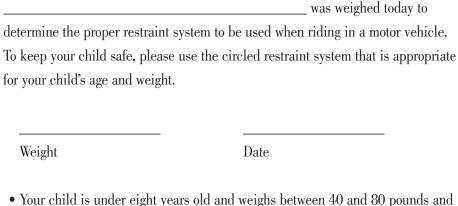
The good news is there's something we can all do. By teaching children how to recognize and avoid the things that put them most at risk, we can help them lead fuller and more productive lives. And as your child's primary caregiver, you can support this effort by setting a good example at home and by providing careful supervision of your children at all times. Visit the official *Risk Watch* Web site at www.riskwatch.org for more information for parents and kids.

As a teacher, I'm committed to helping my students live up to their full potential. Keeping them safe is an important first step. I hope you'll help make safety a habit in your family by becoming "Risk Watchers" at home.

Motor Vehicle Safety



"What's My Size?" Worksheet



- Your child is under eight years old and weighs between 40 and 80 pounds and should use a **booster seat** with a **lap-shoulder belt** in the back seat. A booster seat helps correctly fit children in an adult lap-shoulder safety belt. Booster seats elevate children so that the lap-shoulder belts are positioned correctly and provide the same protection as they do for adults. An added bonus for children... booster seats make them more comfortable and allow them to see better.
- Your child is eight years old and weighs more than 80 pounds and may be able to wear a **lap-shoulder belt** in the back seat. Your child should be tall enough for their knees to bend over the edge of the seat when their backs are resting firmly against the back seat. If the shoulder portion of the lap-shoulder belt comes across the neck, rather than the chest, and the lap belt does not rest low across the hip, they should be in a booster seat.

Remember, the safest place for kids under 12 years old is the back seat!



booster seat



lap-shoulder belt

Bike and Pedestrian Safety

Get Home Safely Clues

Team	1:	Wal	kers
ı C aiii	46.0	vvai	NGI 3

the	with a	

Clues

- 1. You do this to the street when you walk from one corner to another. It rhymes with "toss."
- 2. This is the place where cars and trucks move. Sometimes it is called a road. It rhymes with "feet."
- 3. An adult is sometimes called by this name. It rhymes with "sewn up."

Team 2: Runners

at the	of the curb, look left, to the _	
and left again.		

Clues

- 1. This means don't go! It rhymes with "hop."
- 2. This is near the end of something. If you are near it you are almost off. You can find it in the words "wedge" and "hedge."
- 3. This is a direction. It is the opposite of left. It rhymes with "might."

Bike and Pedestrian Safety

Team	3:	Bikers

|--|

Clues

- 1. This is a good way to travel when you don't want to walk, run, or skip or when you have far to go. It rhymes with "hide."
- 2. This is what you call someone when you talk to them, but you don't say their name. I said it three times already. It rhymes with "boo."
- 3. Your eyes do this for you. It rhymes with "knee."

Team 4: Skaters

 a	every	you ride
	•	•

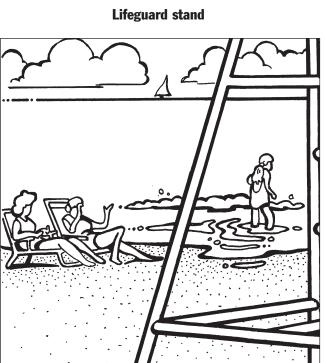
Clues

- 1. You do this with your clothes, a hat, or shoes but only if they are on you. It rhymes with "bear."
- 2. This will protect your head. Fire fighters wear one when they fight a fire, but it looks different from yours. If you take all of the letters in "he" and "melt" and move them around to make one word, you can find out what it is.
- 3. You use a clock or a watch to know this. We measure it in seconds, minutes, and hours. If you're still not sure, it rhymes with "lime."

Water Safety

Summer Fun Worksheet





Beach



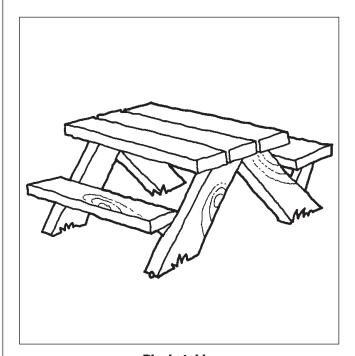
Swimming pool



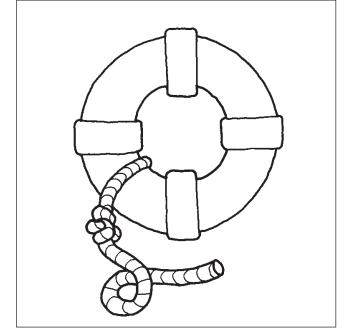
Personal flotation device

Water Safety

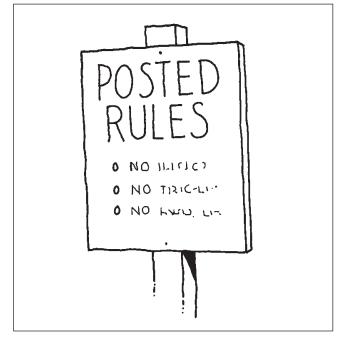
Summer Fun Worksheet



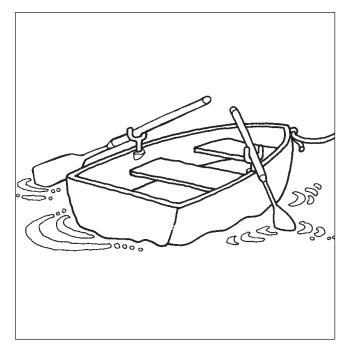
Picnic table



Life preserver ring

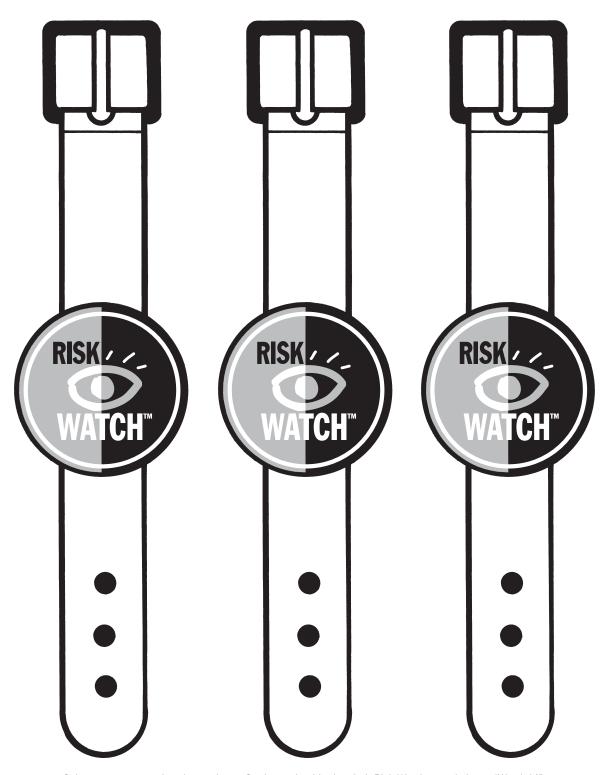


Sign that says "Posted Rules"



Boat

On the Risk Watch Beat Stories



Select a story to read to the students. Students should raise their Risk Watches and shout, "Watch it!" whenever a hazard appears in the story. Hazardous situations are indicated in bold text.

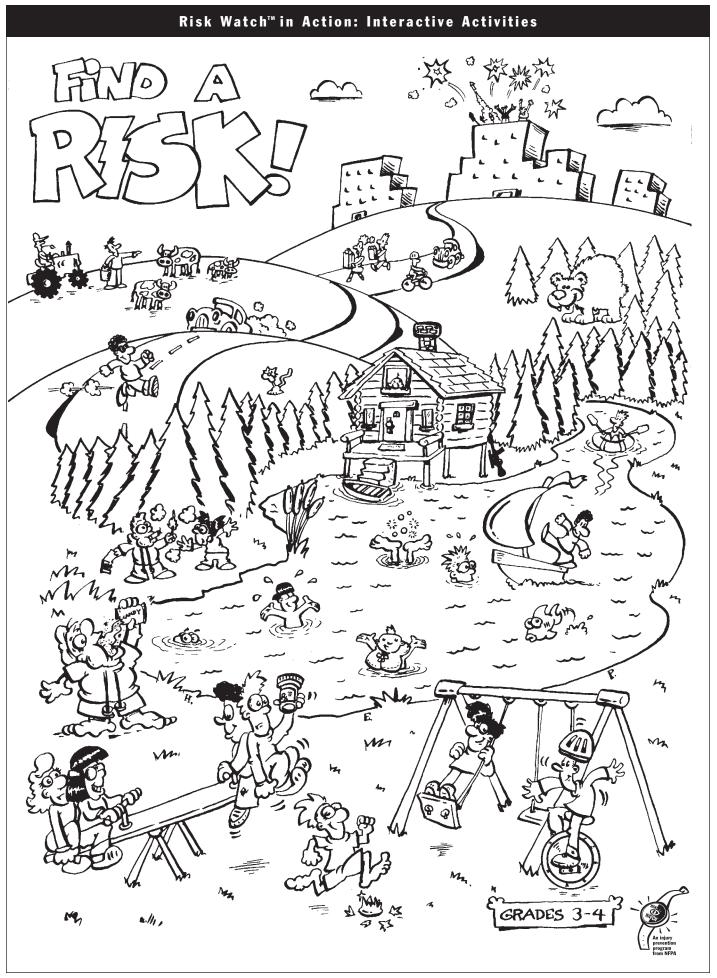
	Make a copy of this worksheet. Cut it up into strips where indicated. Fold each scenario in thirds, and place in a basket or a box. Answers are in bold .
1.	You're walking to your friend's house after dark. You have on black jeans and a dark jacket.
	Pedestrian Safety: Wear retroreflective clothing and don't walk at night without a grown-up.
2.	You and your friends are swimming at a new place. Your dad has gone back to the car to get the sunscreen. Your friend is hot and wants to dive headfirst into the water.
	Water Safety: Wait until your dad gets back before getting in the water, and walk in feetfirst the first time you go in.
3.	While you're waiting for the school bus, your friend wants to play tag. She keeps running into the street to get away from you.
	Bus Safety: Always stay on the sidewalk with a grown-up nearby. Line up in a single file to get on the bus. Stay away from cars and buses.
4.	Some older kids find a lighter on the sidewalk. They try to set the trash in the dumpster at school on fire.
	Fire and Burn Safety: Tell a grown-up right away if you find matches or a lighter.
5.	A girl from your class has been calling you names all day. She is sitting two rows ahead of you on the bus, and she turns around to make fun of you some more.
	Bus Safety: Stay in your seat and talk quietly. Tell the bus driver what happened.
6.	You're on vacation and you want to count the animals you pass along the highway. You wiggle out of your seat so you can look back as the car speeds along.
	Motor Vehicle Safety: Always stay buckled up in your booster seat in the back seat.
7.	You're spending the night at a friend's house. You don't see any smoke detectors/alarms, and you don't know where to go in case there is a fire.
	Fire and Burn Safety: Ask your friend's family to show you their smoke detectors/alarms and to explain their escape plan to you. If they are not able to do this, explain that you will not be able to spend the night.

8.	Your friend wants to go biking with you. He says bike helmets are for wimps.
	Bike Safety: Make sure you wear your bike helmet whenever you ride a bike.
9.	You and your friend hear a loud noise on the sidewalk in front of your apartment building. You run to open the window screen to get a better look.
	Falls Prevention: Stay away from open windows.
10.	You're playing in your front yard one afternoon. A friend from across the street asks you to come over to play.
	Pedestrian Safety: Always cross the street with a grown-up.
11.	You're riding your bike to visit a friend who lives only one block away. You can't find your helmet.
	Bike Safety: Wear your helmet or don't ride your bike.
12.	Your friend's mom is taking you to the movies. When you get in her car, you discover that there is no safety belt for you.
	Motor Vehicle Safety: Always ride buckled up in the back seat. Explain to your friend's mom that you will ask a grown-up who takes care of you to give you a ride to the movies.
13.	You see a really cute puppy across the street from your house. You decide to cross the street to pet it. If you wait to cross with an adult, though, the puppy might be gone.
	Pedestrian Safety: Always cross the street with a grown-up.
14.	A friend of yours gets in a fight with another kid on the school bus. You want to help your friend because the other kid is bigger.
	Bus Safety: Always stay in your seat. Tell the bus driver what happened.
15.	Your friend is riding backwards on the escalator. She says, "I bet you can't do this."
	Falls Prevention: Always hold the handrails on stairs and escalators and face forward.
16.	Your friends are outside waiting for you to finish dinner. Your mom says that you have to finish everything on your plate. You quickly take four big bites of your hamburger to finish eating as fast as you can.
	Choking Prevention: Chew your food completely. Stay seated while eating. Eat one bite at a time.

17.	You're playing at a friend's house after school. You have a really bad headache. Your friend says she knows where her mom keeps the medicine.
	Poison Prevention: Go home and ask a grown-up who takes care of you to give you some medicine.
18.	Your mom is cooking at the stove. She reaches over the stove and her sleeve catches fire.
	Fire and Burn Safety: Tell your mom to stop, drop, and roll until the fire is out, then cool the burned area with water. Next time, remind her to wear tight-fitting sleeves when cooking.
19.	Your dad owns a gun and he keeps it in his unlocked desk drawer.
	Firearms Injury Prevention: Ask your dad to store the gun, unloaded, in a locked box in order to keep everyone in your family safe.
20.	While you are on a field trip, you see some berries growing on a bush.
	Poisoning Prevention: Ask a grown-up before eating anything.
21.	Your dad is going for a bike ride with you. He does not have a helmet.
	Bike Safety: Everyone needs to wear a helmet when riding a bike.
22.	Your friend has given you a special necklace as a present. You put the necklace on and run out of the house to play on your swing set.
	Strangulation Prevention: Things around your neck could get tangled while you are playing. Take the necklace off until you are finished playing.
23.	Tori's dad lives just a few miles from his office and has decided to ride his bike to work every day. This way, he says, he won't get stuck in traffic, and he won't have to buy gasoline for the car. One morning, Tori hands her father's bike helmet to him as he heads down the driveway. "I can't wear a helmet today," he says. "I've got an important meeting and that helmet makes my hair look funny."
	Bike Safety: Everyone should wear a bike helmet when riding a bike.

24.	Janelle's mother is going to the mall and has asked her neighbor, Mrs. Thomas, to keep an eye on Janelle for the afternoon. While Mrs. Thomas and Janelle are walking to the park, they arrive at a busy intersection. Even though the sign says "Don't Walk," Mrs. Thomas steps off the curb and holds her hand out to Janelle.
	Pedestrian Safety: Cross the street with a grown-up and only when the signal says to cross.
25.	Amber and her three friends, Judy, Barbara, and Helen, are playing at Amber's house. It is a hot day and they decide to ride their bikes to another friend's house to go swimming. As the girls go into the garage to get their bikes, Amber realizes that Barbara does not have a bike helmet.
	Bike Safety: Try to find a helmet in the right size for Barbara to borrow this time. Otherwise, everyone should walk with a grown-up instead.
26.	Crystal and her mother are driving to the mall to do some school shopping. The mall is just a few miles away, and Crystal's mother asks her to hold her baby sister, Kimberly, in her lap during the car ride. Crystal tells her mother that the baby should ride in the child safety seat, but her mother says it will be a quick trip and not to worry about it.
	Motor Vehicle Safety: Always ride buckled up in the back seat in a child safety or booster seat.
27.	When Molly arrives home from school, she finds a note by the front door. It says, "Dear Molly. I had to run to the store. I'll be right home. Love, Mom." It's been a hot day and Molly runs upstairs to her bedroom and quickly changes into her bathing suit. She walks out to the swimming pool and jumps into the shallow end to cool off.
	Water Safety: Always swim with a grown-up.
28.	While on a family camping trip, Tracy decides to pick some berries for a fresh fruit salad. The berries look just like the ones they always buy at the store. They sure look tasty!
	Poisoning Prevention: Ask a grown-up before eating anything.
29.	Nate is playing at the playground when four boys come over and ask him to join them on the seesaw. Nate doesn't think that five kids on a seesaw sounds like a safe idea, but his friends say everything will be OK.
	Falls Prevention: Take turns on playground equipment.
30.	Isabella is playing with her friend in her bedroom. The smoke detector/alarm sounds. What should Isabella do?

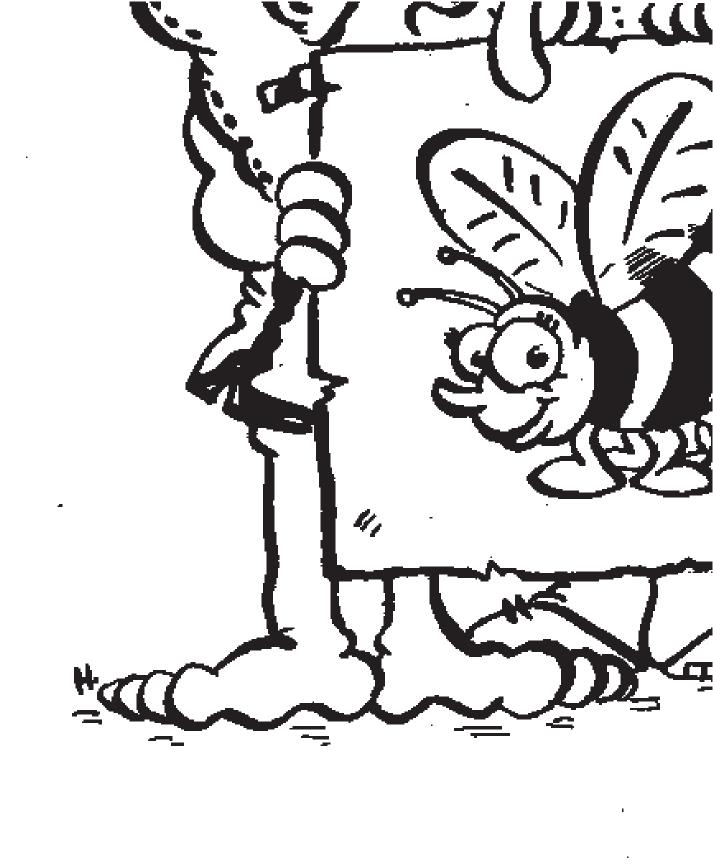
Fire and Burn Prevention: When the smoke detector/alarms sounds, get out fast and report the fire.

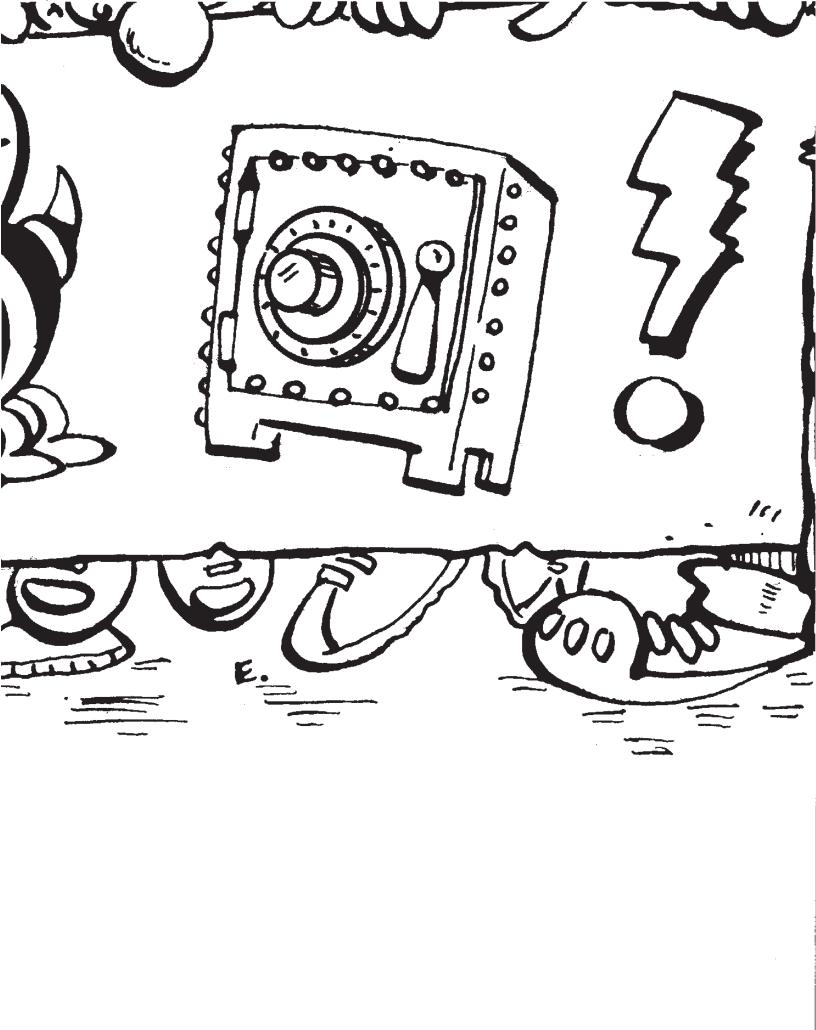


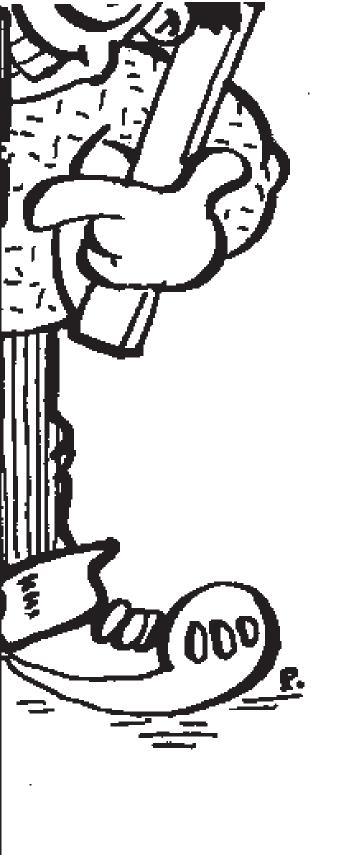






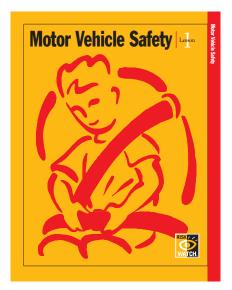


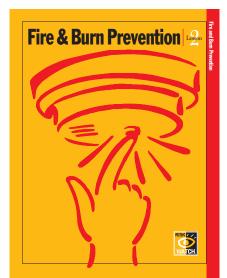


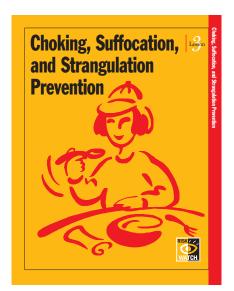


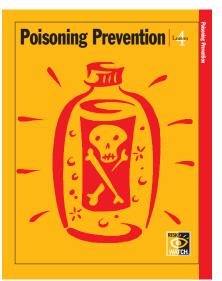
Risk Watch lcon Cards

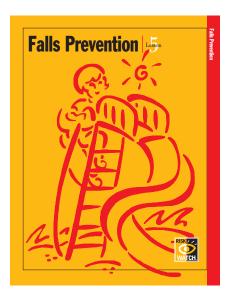
Duplicate this sheet to use the Risk Watch icons in student projects. Ideas for the icons include decorating student journals, Risk Watch safety badges, props for presentations, games, or other fun ideas you may have!

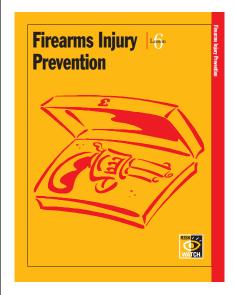


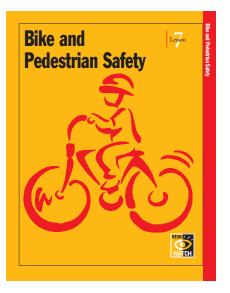


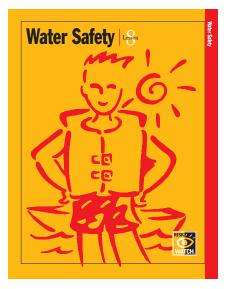














Motor Vehicle **Safety**



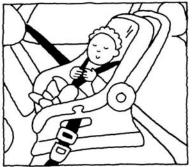
Home Activity

Role-play driver and passenger.

Role-play a bus driver and then a car driver, and have your child pretend to be a passenger in each vehicle. Correctly and incorrectly instruct your child on how to conduct himself or herself in the vehicle. If the instruction given is correct, your child should demonstrate it. If the instruction given is incorrect, your child should tell the correct thing to do.

Visit www.riskwatch.org or www.sparky.org for more information and activities.





Your child has been learning about the dangers presented by motor vehicles and school buses and the ways to be protected from injury. Motor vehicle crashes are the leading cause of unintentional injury and death for children aged 14 and under. In 2000, 1,654 children in the United States aged 14 and under died in motor vehicle crashes. About 55 percent of motor vehicle occupants aged 14 and under who were killed in fatal crashes in 2001, were unrestrained. An estimated 228,000 children aged 14 and under were injured in motor vehicle crashes. Some of these injuries involved brain and spinal cord damage, which can have a lifelong effect on the injured child.

Child restraint systems, such as infant seats, convertible seats, booster seats, and safety belts, however, can reduce the risk of death by up to 71 percent. Children weighing less than 40 pounds should ride in the back seat of the vehicle in a car seat that has an internal harness system. This type of seat should be used until the child's ears reach the top of the back of the safety seat and the shoulders are above the top strap slots, or until the upper weight limit of the seat is reached.

A belt-positioning booster seat should be used after a child outgrows an internal harness system car seat. A belt-positioning booster seat elevates the child to ensure a proper fit of the lap-shoulder safety belt. After the child reaches a weight of 80 pounds, is approximately 58 inches tall, and has a sitting height of 29 inches, he or she can be properly restrained using only a lap-shoulder safety belt. For the lap-shoulder safety belt to work effectively, the shoulder belt should cross the collarbone and the center of the chest. The lap belt should fit low and tight across the upper thighs. Children cannot ride comfortably and remain properly restrained until they are tall enough for their knees to bend over the edge of the seat while their backs are resting firmly against the seat. All children 12 and under should ride in the back seat.

In addition, since many children ride a school bus at one time or another, it's important that they learn about school bus safety rules. Therefore, your child will be taking a tour of a school bus to practice school bus safety rules. Your child will be reviewing these rules in class.

Data sources: Boost America!, National Center for Injury Prevention and Control, National Highway Traffic Safety Administration (NHTSA), National SAFE KIDS Campaign®.



Date_

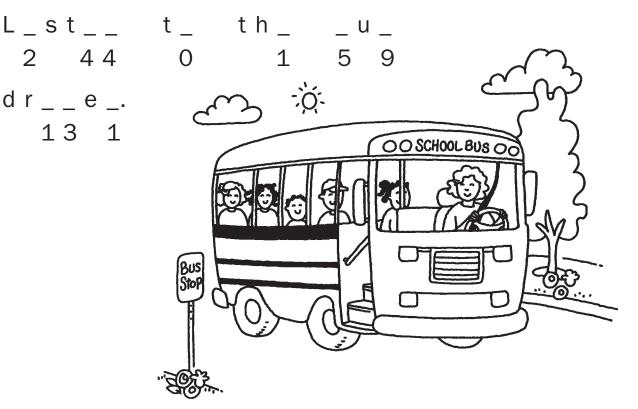
Decode the Rule

Solve the math problems below.

+19

+12

Match the correct letter from the problems above to each number below. Be careful. A number may have two or three letter choices. You must choose the correct letter to decode the message.



Name	Lesson
Date	An injury prevention program from NFPA

School Bus Safety Rules

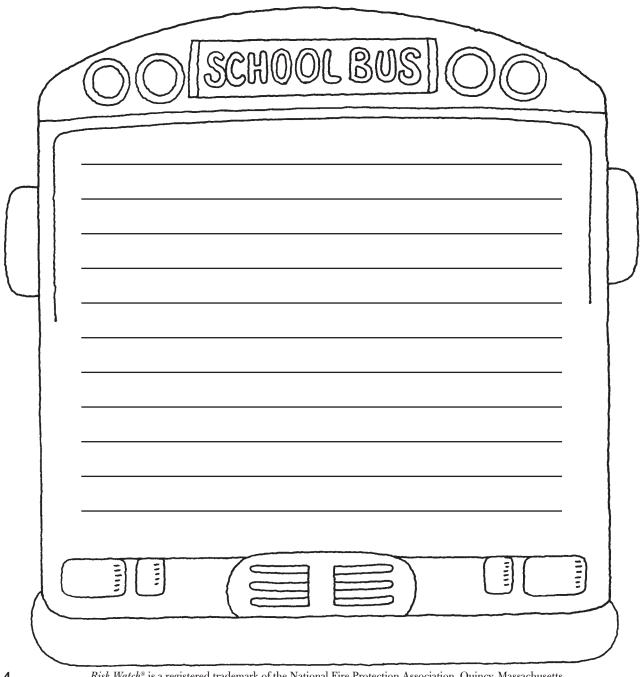
Read the school bus safety rules below. Write the word RIGHT on the lines provided if the school bus safety rule is correct. Write the word WRONG on the lines provided if the school bus safety rule is incorrect. Then write the correct rule on the lines provided.

While waiting for the bus, stand back 5 giant steps from the curb. Wait until the bus stops.
 When the bus has stopped, get on the bus fast to get a good seat.
 Store your lunch box and backpack in the aisle of the bus.
 Stay in your seat at all times.

Name	Lesson
Date	The second is the second in th
	An injury prevention program from NFPA

Why Are School Bus Safety Rules Important?

Write a paragraph explaining why school bus safety rules are important to follow.



An injury prevention program from NFPA

Date_

Decode the Rule

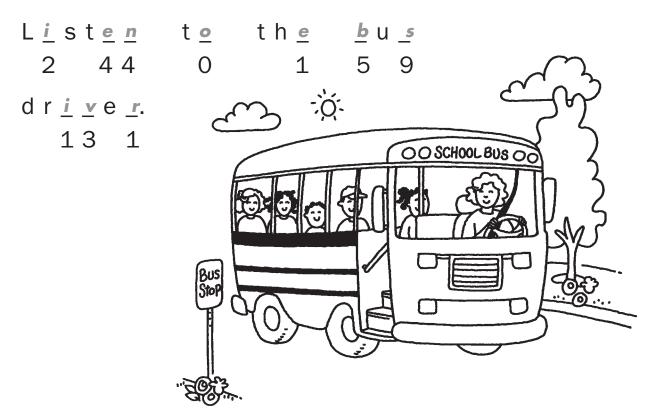
Solve the math problems below.

18 5 12 27 37

$$+ 2 + 6 + 19 + 18 + 12 = 10$$

IO ER VI NB ES

Match the correct letter from the problems above to each number below. Be careful. A number may have two or three letter choices. You must choose the correct letter to decode the message.



Name	Lesson
Date	The second is the second in th
	An injury prevention program from NFPA

School Bus Safety Rules

Read the school bus safety rules below. Write the word RIGHT on the lines provided if the school bus safety rule is correct. Write the word WRONG on the lines provided if the school bus safety rule is incorrect. Then write the correct rule on the lines provided.

1.	While	waiti	ng for	the	bus,	stand	d ba	ck 5	gian	t
	steps	from	the c	urb.	Wait	until	the	bus	stops	` .
	Piaht									

2. When the bus has stopped, get on the bus fast to get a good seat.

Wrong. When the bus has stopped, get on the bus one at a time and take your seat.

3. Store your lunch box and backpack in the aisle of the bus.

Wrong. Store your belongings on the floor between your feet or on your lap.

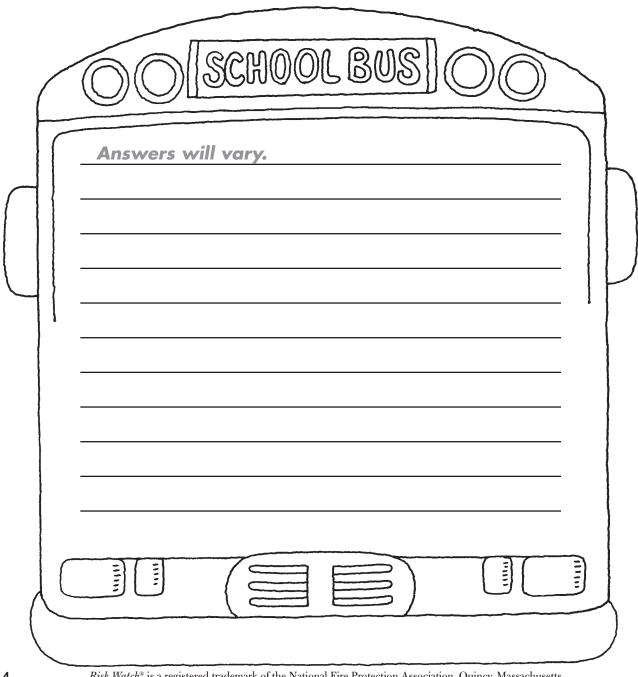
4. Stay in your seat at all times.

Right

Name	Lesson
Date	An injury prevention program from NFPA

Why Are School Bus Safety Rules Important?

Write a paragraph explaining why school bus safety rules are important to follow.





Fire and Burn **Prevention**



Home Activity

Determine a fire escape plan and meeting place. Take your child outside and designate a place where members of your household should meet in case they have to escape because of a fire. Then have your child practice escaping from the home twice. The first time, you should be at the meeting place before your child. The second time, your child should arrive at the meeting place before you. This way you will know for certain whether your child can find the meeting place.

Visit www.riskwatch.org or www.sparky.org for more information and additional activities. Your child has been learning basic information regarding fire and burn prevention. In the United States, fire kills more than 3,500 people a year and is the cause of tens of thousands of related injuries. Many people believe that children at this age are too young to understand what they need to do in case of a fire emergency. Although it is true that children do not perceive danger the same way adults do, and that they have a limited ability to react promptly and properly, children can be taught some simple skills that can save their own lives as well as the lives of others, especially if they have a chance to practice at home.

Every family member should know what to do in the event of a fire. When the smoke alarm sounds, get out of the home and stay out of the home. Call your local emergency number from a neighbor's home or from a portable or cellular phone to report the fire.

In addition, your child has learned that fire is not the only source of burns. Hot liquids, such as hot chocolate, tea, soup, and water, can burn a child's skin severely. Children's skin is thinner than that of adults, so it burns at a lower temperature and more deeply. Grown-ups must closely supervise young children around hot water. Check the temperature of your hot water heater, to be sure it is set at a safe level. This safe level should be no higher than 120°F. Remind your child to stay away from hot items such as the stove and oven, pots and pans, clothes irons, curling irons, and hot liquids. Reinforce this at home by maintaining a "kid-free zone" of three feet around stoves and hot surfaces. Parents and caregivers can help reinforce these lessons by setting a good example at home.



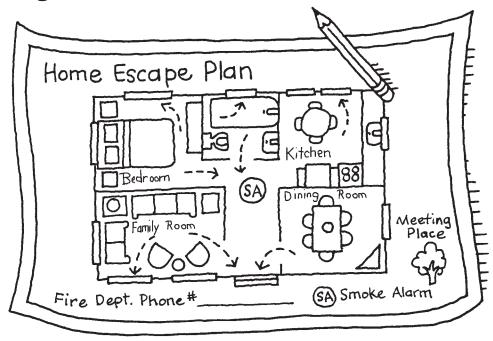
Name_			

Date



Develop an Escape Plan

Look at the floor plan of the house below. Read the situation, and write a sentence explaining what Sam should do.



Sam is in the kitchen when he hears the smoke alarm. He notices that there is smoke coming from the family room. He knows he needs to stay calm and exit the house quickly. His family meeting place is the tree.

Name	Lesson (Control of the Control of th
Date	
	An injury prevention program from NFPA

Fire and Burn Prevention Rules

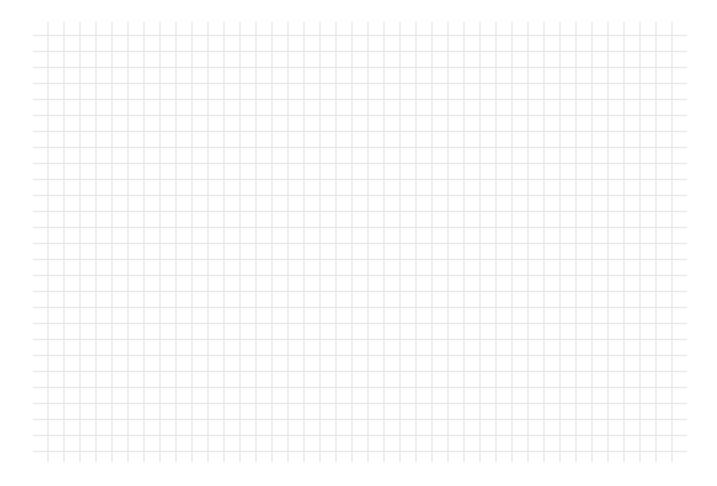
Read the following statements. Decide whether the statement is TRUE or FALSE, and write the word on the line provided. Be prepared to explain your answers.

 1. If your home is on fire, gather up all of your toys before you leave.
 2. Never go back inside a burning home, even if your pet is left inside.
3. It is okay for children to use matches to light a grill.
 4. If your clothes catch on fire, run screaming to a grown-up as fast as you can.
 5. If you find a lighter, immediately tell a grown-up.
 6. If you burn your skin, run warm water over it for 10 to 15 minutes.
 7. After you escape from a burning home, go directly to the meeting place.
 8. Wait until after you leave a burning home before you call for emergency help.

Name	Lesson:
Date	An injury prevention program from NFPA

Picture Yourself Here

Use the space provided to draw a picture of your family's home and fire escape plan. Be sure to show the meeting place. Then answer the questions below.



Does your home have a working smoke alarm on every floor or level? How do you know?

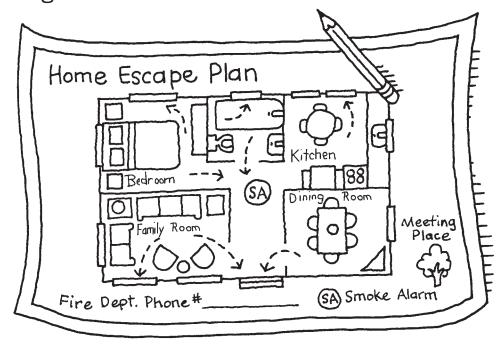
Name _			

Date



Develop an Escape Plan

Look at the floor plan of the house below. Read the situation, and write a sentence explaining what Sam should do.



Sam is in the kitchen when he hears the smoke alarm. He notices that there is smoke coming from the family room. He knows he needs to stay calm and exit the house quickly. His family meeting place is the tree.

Sam should exit the kitchen through the window/door indicated by an arrow and circle around the outside of the home to the large tree.

Name	Lesson E
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D d t o	An injury prevention program from NFPA

Fire and Burn Prevention Rules

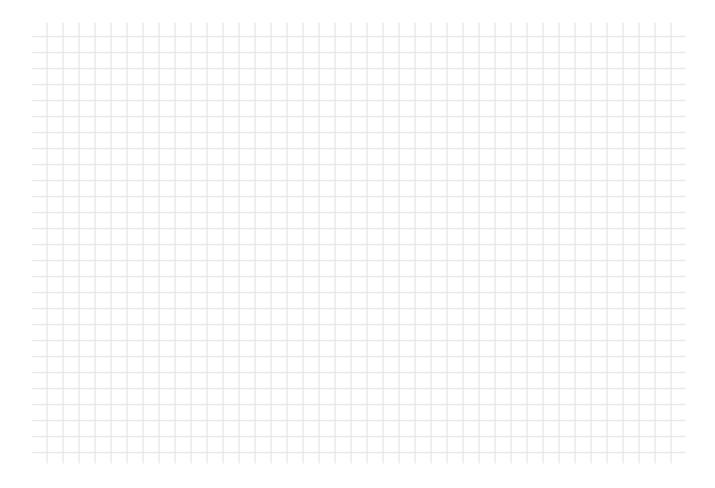
Read the following statements. Decide whether the statement is TRUE or FALSE, and write the word on the line provided. Be prepared to explain your answers.

False	1. If your home is on fire, gather up all of your toys before you leave.
True	2. Never go back inside a burning home, even if your pet is left inside.
False	3. It is okay for children to use matches to light a grill.
False	4. If your clothes catch on fire, run screaming to a grown-up as fast as you can.
True	5. If you find a lighter, immediately tell a grown-up.
False	6. If you burn your skin, run warm water over it for 10 to 15 minutes.
True	7. After you escape from a burning home, go directly to the meeting place.
True	8. Wait until after you leave a burning home before you call for emergency help.

Name	Lesson.
Name	
Date	
	An injury prevention program from NFPA

Picture Yourself Here

Use the space provided to draw a picture of your family's home and fire escape plan. Be sure to show the meeting place. Then answer the questions below.



Does your home have a working smoke alarm on every floor or level? How do you know?

Answers	will	var	<u>y.</u>



Choking, Suffocation, and Strangulation Prevention



Home Activity

Check It Out. Take your child on a tour of your home, and have the child check each room for potential choking, suffocation, and strangulation hazards. Have your child explain why a room may be safe from these types of hazards or why something in a room may be hazardous.

Visit www.riskwatch.org or www.sparky.org for more information and additional activities. Your child has been learning about the dangers of choking, suffocation, and strangulation, and how to recognize potentially dangerous items and situations that could cause injury. Unfortunately, these types of injuries are far too common. In 2000, in the United States, 634 children aged 14 and under died from suffocation, strangulation, or entrapment.

Knowing the risks can help protect your child. In 2000, in the United States, there were 160 children aged 14 and under who died from choking. Choking occurs when food or small objects block the airway and prevent oxygen from getting to the lungs and the brain. Young children are at risk of choking on small, round foods such as hot dogs, candies, nuts, grapes, marshmallows, and popcorn. Remind your child never to put anything in his or her mouth except food given to him or her by a trusted grown-up and to always chew food thoroughly. Stress to your child the importance of sitting while eating food. You can help reinforce this habit with your child during meal times at home.

Unintentional strangulation also claims many young lives each year. Most strangulation incidents occur on the playground. A child can be strangled when something he or she is wearing gets caught on playground equipment, such as a slide or swing. While on the playground, children should avoid wearing scarves, mittens, necklaces, or clothes with drawstrings around the neck. Even jacket hoods can become snagged in the narrow gaps, openings, vertical posts, and links commonly found on playground equipment.

Strangulation incidents also can occur at home. Look for strangulation hazards such as window blind cords and small openings that could entrap a child's head. You can reduce the risk of unintentional strangulation by cutting the loops on the window blind cords and placing them out of your child's reach.

Also, remind your child not to play around these items.

In addition, it is important to note that young children are particularly at risk of suffocation when at play. Therefore, your child has learned about the dangers of playing with plastic bags and inside objects that could entrap him or her, such as refrigerators, freezers, dishwashers, boxes, and car trunks.

Data sources: Centers for Disease Control and Prevention (CDC), National SAFE KIDS Campaign®.

Name	Lesson.
Date	An injury prevention program from NFPA

Finish the Phrase

Complete the safety rules by choosing the correct word

CO	rrect word.			
1.	Remainv A. standing		C. kneeling	D. chewing
2.	Put food only A. ear	in your B. mouth	C. nose	D. cup
3.		ell to prevent _ B. talking	C. swallowing	D. choking
4.		gs around your B. foot		D. head
5.	a large hole fo	ide something or to get B. sound		ave D. light
			On the lines be ule is important	•

Name	Lesson.
Date	An injury prevention program from NFPA

Follow the Clues

Listen to the story. Answer the questions. Then write an ending to the story.

Timmy, Billy, and Susan were playing in Timmy and Susan's basement. They found an old box. It was huge. Timmy said, "Let's play inside the box. We can make a fort." Billy and Susan agreed. Billy climbed into the box first. Susan closed the top of the box. The children thought this was fun. Then Timmy and Susan's mom called them upstairs. Billy stayed in the box. Timmy and Susan had to clean up their rooms before going back to play with Billy.

- 1. Who was in the basement? _____
- 2. What did the children find?
- 3. What did the children do with the box? _____
- 4. What safety rule did the children break?_____

You decide how the story ends. Write the ending on a separate sheet of paper.

Name	3
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Date	

An injury prevention program from NFPA

Identifying Dangers

Look at the picture below. Identify the potential choking dangers. Circle each one. Then write a sentence about one danger and what you would do to make it safe.



Name	Lesson.
Date	An injury prevention program from NFPA

Finish the Phrase

Complete the safety rules by choosing the correct word.

correct word.			
1. Remain A. standing	while eating.	C. kneeling	D. chewing
2. Put food only A. ear		C. nose	D. cup
3. Chew food w A. coughing		C. swallowing	g D choking
4. Never tie thir		ır C. arm	D. head
a large hole t	for to get	that does not he in.	
Select one of th	ne rules above.	On the lines be	elow, write th

Select one of the rules above. On the lines below, write three sentences to explain why the rule is important.

Answers will vary.

Name	Lesson
Date	An injury prevention program from NFPA

Follow the Clues

Listen to the story. Answer the questions. Then write an ending to the story.

Timmy, Billy, and Susan were playing in Timmy and Susan's basement. They found an old box. It was huge. Timmy said, "Let's play inside the box. We can make a fort." Billy and Susan agreed. Billy climbed into the box first. Susan closed the top of the box. The children thought this was fun. Then Timmy and Susan's mom called them upstairs. Billy stayed in the box. Timmy and Susan had to clean up their rooms before going back to play with Billy.

- 2. What did the children find? An old box.
- **3.** What did the children do with the box? The children played inside the box.
- **4.** What safety rule did the children break? Never play inside anything that could entrap you.

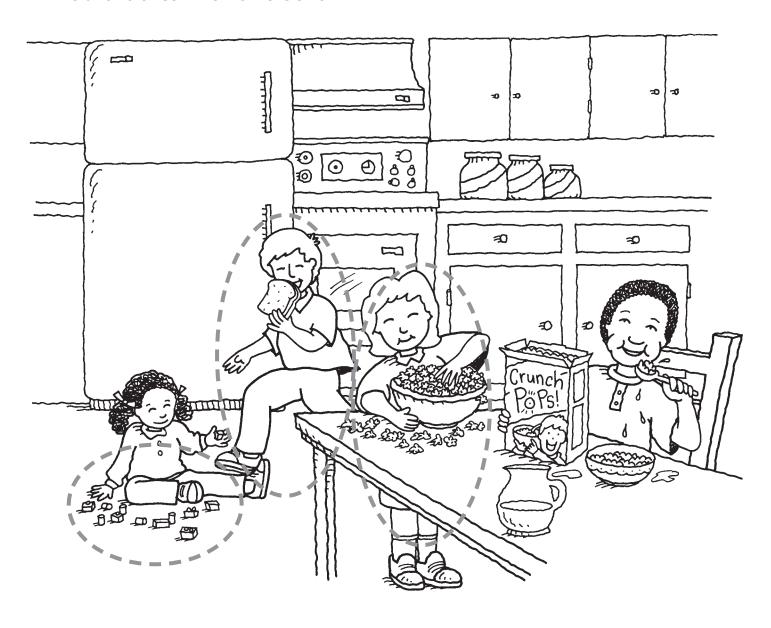
You decide how the story ends. Write the ending on a separate sheet of paper. Answers will vary.

Name	
Date	

An injury prevention program from

Identifying Dangers

Look at the picture below. Identify the potential choking dangers. Circle each one. Then write a sentence about one danger and what you would do to make it safe.





Home Activities

Get the number. With your child, write down the Poison Control Center's telephone number, 1-800-222-1222. Help your child post this number on or near your phone.

Visit www.riskwatch.org or www.sparky.org for more information and additional activities.





Your child has been learning how to stay safe from poisons commonly found in or around the home. A poison is a substance containing toxic chemicals that can cause serious illness, injury, or even death when eaten or inhaled.

In 2001, Poison Control Centers across the nation received more than 1.1 million reports of unintentional poisonings in children aged five and under. In 2001, 91 children aged 14 and under were fatally poisoned. More than 90 percent of all poisonings happened inside the home.

It is not difficult to understand why children are at increased risk for poisoning. Younger children have a tendency to put things in their mouths, while older children may taste or smell things out of curiosity. Some children are poisoned through no fault of their own by a colorless, odorless gas called carbon monoxide. Regardless of the poison, the results can be life-threatening, even fatal, because of the small size of children. Safeguard your child by purchasing medicines and vitamins with child-resistant caps. Store all cleaning products and flammables out of your child's reach, preferably in a locked cabinet. Keep all poisonous substances in their original containers. If possible,

install laboratory-listed CO detectors inside your home to protect your family from carbon-monoxide poisoning.

To help keep your family safe, post the Poison Control Center's phone number, 1-800-222-1222, on or near your telephone. Should you ever suspect that your child has taken a poison, stay calm and call the Poison Control Center right away. Have the container from which the poison was taken handy in case you need to answer any questions about the poison.

In addition, teach your child never to eat or drink anything, including medicine, without asking a trusted grown-up first. Make sure your child knows to tell a grown-up if someone finds a poison and to stay away from areas that may pose a poisoning risk.

Data sources: American Association of Poison Control Centers, National SAFE KIDS Campaign®.



Crack the Code

Solve the math problems.

Match the letters from the answers above to the numbers below. You must choose the correct letters to decode the rule. Be careful. A number may have two or three letter choices.

Name	Lesson
Date	An injury prevention program from NFPA

Poisoning Prevention Safety Rules

Read each excerpt below. On a separate sheet of paper, answer the questions.

Teach Me About Danger

"I like myself. I want to keep myself healthy and safe. I do not want to get sick. I do not eat anything that is not food. I do not drink anything other than water, milk, and juice. I do not take medicine unless a grown-up I know gives it to me."

—excerpt from Tell Me About Danger.

1. What is the poisoning prevention safety rule?

Safety at Home

"Medicines are drugs people take when they are sick. They make people feel better. But the wrong kind of medicine could make you sick. Do not take any medicines unless a grown-up you know says you can. The grown-up should tell you how much to take."

—excerpt from Safety at Home.

—excerpt from Salety at frome.

1. From whom should you take medicine?

	Lesson
Name	
Date	
	An injury prevention program from NFPA

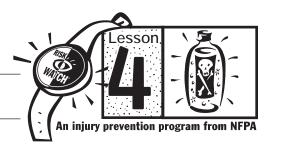
Scene of the Crime

Read the story below. Write the ending to the story. Be sure to include all the facts.

Tameka and Jordan were visiting their grandparents. Their grandparents lived in an old house that had lots of rooms for the children to play and hide in. Jordan liked to hide in the garage. It was big and dark and spooky. As Jordan was hiding in the garage, he found an old tool bench. He was curious. He started to snoop around. Just as Tameka came through the door, she saw Jordan picking up a can of spray paint.

Name _____

Date.



Crack the Code

Solve the math problems.

20 10 7 4 10 8 12 22
$$-\frac{5}{15}$$
 $-\frac{2}{8}$ $-\frac{3}{4}$ $-\frac{1}{3}$ $-\frac{1}{9}$ $-\frac{6}{2}$ $-\frac{4}{8}$ $-\frac{20}{2}$ in g r n g e a g

Match the letters from the answers above to the numbers below. You must choose the correct letters to decode the rule. Be careful. A number may have two or three letter choices.

Name	Lesson Control of the control of
Date	
	An injury prevention program from NFPA

Poisoning Prevention Safety Rules

Read each excerpt below. On a separate sheet of paper, answer the questions.

Teach Me About Danger

"I like myself. I want to keep myself healthy and safe. I do not want to get sick. I do not eat anything that is not food. I do not drink anything other than water, milk, and juice. I do not take medicine unless a grown-up I know gives it to me."

—excerpt from Tell Me About Danger.

1. What is the poisoning prevention safety rule?

Do not eat or drink anything without asking a trusted grown-up first.

Do not take medicine from a grown-up you do not know.

"Medicines are drugs people take when they are sick. They make people feel better. But the wrong kind of medicine could make you sick. Do not take any medicines unless a grown-up you know says you can. The grown-up should tell you how much to take."

- —excerpt from Safety at Home.
- 1. From whom should you take medicine?

 Do not take medicine from anyone but a trusted grown-up.

	Lesson
Name	
Date	
	An injury prevention program from NFPA

Scene of the Crime

Read the story below. Write the ending to the story. Be sure to include all the facts.

Tameka and Jordan were visiting their grandparents. Their grandparents lived in an old house that had lots of rooms for the children to play and hide in. Jordan liked to hide in the garage. It was big and dark and spooky. As Jordan was hiding in the garage, he found an old tool bench. He was curious. He started to snoop around. Just as Tameka came through the door, she saw Jordan picking up a can of spray paint.

Answers will vary.



Home Activity

Check your home. With your child, survey your home and determine which windows and window areas are safe or unsafe. Safe windows should have window guards unless they are emergency exits; chairs and other furniture should be moved away from windows to discourage children from climbing unless the windows are emergency exits. Have your child explain why a window or window area is safe or unsafe, and correct the child if he or she is wrong.

Visit www.riskwatch.org or www.sparky.org for more information and activities.

Falls **Prevention**



Your child has been learning about the danger of falls and about how falls can be prevented. In 2000, in the United States, 81 children aged 14 and under died as a result of fall-related incidents, and more than half were children aged 4 or younger. In 2001, more than 2.5 million children aged 14 and under were injured and treated in hospital emergency departments as a result of fall-related incidents. Each year, an estimated 15 children ages 14 and under die and approximately 233,500 are treated in hospital emergency rooms for playground equipment-related injuries. In fact, nearly three-fourths of all playground injuries are caused by falls, some of which occur in a child's own backyard.

To prevent and lessen the impact of playground falls, your child has learned that play areas should be covered with 12 inches of materials such as mulch, pea gravel, wood chips, or specially designed rubber substances that cushion a fall. **Dirt and grass as well as traditional gravel surfaces do not provide adequate protection when falls occur.**

Your child also has learned that following safe play rules greatly reduces the risk of playground falls. Children should take turns on playground equipment, keep their shoes on with the shoelaces tied, wear suitable clothing, and be aware of potential playground dangers. You can reinforce these rules when your child plays at home and at neighborhood playgrounds by correcting any inappropriate behavior and by praising your child when he or she follows the rules.

Play equipment is only one source of fall-related injuries. Many such incidents occur when children fall from open or improperly protected windows. Each year, hospital emergency rooms care for approximately 4,700 children aged 14 and under who were injured by falling from

windows. Fortunately, falls from windows are largely preventable. Because most window screens are not made

to prevent children from falling, use window guards to keep children safely inside. However, never place a guard on a window that is used as a fire exit unless the guard has a quick-release device that is easily opened from the inside. Place furniture a safe distance away from windows to discourage children from climbing and other unsafe play. Provide careful supervision of your children at all times.

Data Sources: Consumer Federation of America, National SAFE Kids Campaign®.

Name		

An injury prevention program from NFPA

Date_

Find the Safe Pictures

Look at the pictures below. Circle the pictures that show a safe situation. Then, on a separate sheet of paper, explain why each is safe.



Name	Lesson	
Date	An injury prevention program from NF	 PA

Correct the Rule

Read the safety rules below. Each rule has something wrong with it. On the line provided, rewrite the rule to make it true. Be sure to correct any capitalization or punctuation errors.

- **1.** children should never wear shoes on the playground
- 2. Areas near open windows are safe places to play
- 3. playgrounds should always have hard surfaces.
- 4. it is safe for children to play on fire escapes.
- 5. Children should not take turns on a slide
- 6. it is safe to sit while riding an escalator
- 7. it is safe for a child to stand on a swing.
- 8. Children should never hold on when climbing a jungle gym

Name	Lesson
Date	
Date	An injury prevention program from NFPA

Put It in Its Place

The stories below are out of order. Read each story, and determine the correct order of events. Then, on the lines provided, write

the words beginning, middle, and ending.

Tommy saw the books and put to

Tommy saw the books and put them on the table Dad walked down the stairs without getting hurt Mom put the books on the stairs.
 Mom opened a window. Dad shut the window before he left the baby's room. Dad put the baby in the crib next to the window.
 Jess went outside and played on the swing. Mom took the drawstring out of the jacket. Jess got a new jacket with a drawstring.
 Ted walked upstairs. Ted tied his shoes. Ted's shoes were untied.
 Alexis lets Josie go first. The girls arrive at the playground. Three girls want to go down the slide.

On a separate sheet of paper, write your own story showing a safe order of events.

Name		-

An injury prevention program from NFPA

Date_

Find the Safe Pictures

Look at the pictures below. Circle the pictures that show a safe situation. Then, on a separate sheet of paper, explain why each is safe.

Answers will vary.



Name	Lesson
Date	An injury prevention program from NFPA

Correct the Rule

Read the safety rules below. Each rule has something wrong with it. On the line provided, rewrite the rule to make it true. Be sure to correct any capitalization or punctuation errors.

- 1. children should never wear shoes on the playground.

 Children should always wear shoes on the playground.
- 2. Areas near open windows are safe places to play

 Areas near open windows are not safe places to play.
- 3. playgrounds should always have hard surfaces.

 Playgrounds should always have soft surfaces.
- 4. it is safe for children to play on fire escapes.

 It is not safe for children to play on fire escapes.
- **5.** Children should not take turns on a slide Children should take turns on a slide.
- 6. it is safe to sit while riding an escalator It is not safe to sit while riding an escalator.
- 7. it is safe for a child to stand on a swing.

 It is not safe for a child to stand on a swing.
- 8. Children should never hold on when climbing a jungle gym
 Children should always hold on when climbing a jungle gym.

Name	Lesson
Date	
Date	An injury prevention program from NFPA

Put It in Its Place

The stories below are out of order. Read each story, and determine the correct order of events. Then, on the lines provided, write

the words beginning, middle, and ending.

<u>middle</u> Tommy saw the books and put them on the table.

<u>ending</u> Dad walked down the stairs without getting hurt.

beginning Mom put the books on the stairs.

beginning Mom opened a window.

<u>ending</u> Dad shut the window before he left the baby's room.

<u>middle</u> Dad put the baby in the crib next to the window.

ending Jess went outside and played on the swing.

<u>middle</u> Mom took the drawstring out of the jacket.

beginning Jess got a new jacket with a drawstring.

ending Ted walked upstairs.

middle Ted tied his shoes.

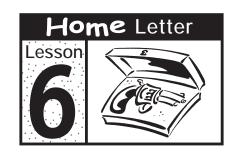
beginning Ted's shoes were untied.

<u>ending</u> Alexis lets Josie go first.

beginning The girls arrive at the playground.

middle Three girls want to go down the slide.

On a separate sheet of paper, write your own story showing a safe order of events. *Answers will vary.*



Firearms Injury **Prevention**



Home Activity

What Should You Do? Pose situations to your child such as the following. "I'm your playmate, Billy, and I just found a gun in my backyard. What should I do?" After waiting for your child to respond, explain that he or she should not touch the gun. "You should find me or another grown-up right away and tell what you found. Remember, stay away from the gun. You could get hurt, or you could hurt someone else."

Visit www.riskwatch.org or www.sparky.org for more information and additional activities. Your child has been learning about the dangers posed by firearms and what he or she can do to protect himself or herself from unintentional injury or death. Unintentional firearms-related injuries or death are defined as those in which the person firing the gun did not intend to hurt anyone. In 2000, more than 86 children aged 14 and under in the United States died from unintentional firearms-related incidents. In 2001, nearly 1,400 children were treated in emergency rooms for unintentional injuries received from a firearm.

To keep your child from being injured by a gun, you need to childproof your home. Most childhood shooting deaths involve guns that have been kept loaded and accessible in or around the home. Children are naturally curious, and sometimes they cannot tell the difference between a real gun and a toy gun.

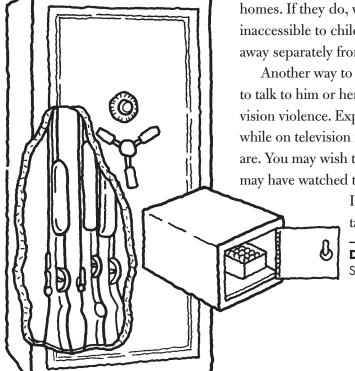
If you have a gun in your home make sure it is stored unloaded and in a locked place where a child cannot touch it. All ammunition also should be kept locked away in an inaccessible location separately from the gun.

Educating children about gun safety plays an important role in keeping them safe from firearms. Talk to your child about staying away from guns in places where they play and homes they visit. Talk with your children's friends' parents or caregivers to find out whether they have guns in their homes. If they do, verify that the guns are kept unloaded, locked away, and inaccessible to children. Also, check that any ammunition is kept locked away separately from the gun.

Another way to educate your child about the dangers of firearms is to talk to him or her about the difference between real violence and television violence. Explain that in real life, children can be hurt by guns, while on television no one is actually hurt, although it appears that they are. You may wish to talk about a program or video game that your child may have watched that contained violence. Ask how he or she felt about it.

It's important to let your child know that he or she can talk to you.

Data sources: Consumer Federation of America, National SAFE KIDS Campaign®.



Name	Lesson
Date	An injury prevention program from

Follow the Clues

Read the clues on the left. Unscramble the words that mean the same thing on the right. Then use the correct words in the sentences below.

wait	sayt	
ot	-	
out	waay	
say	letl	
adult	pu-gorwn	
1		from
guns.		
2	a	if you
find a gui	n.	

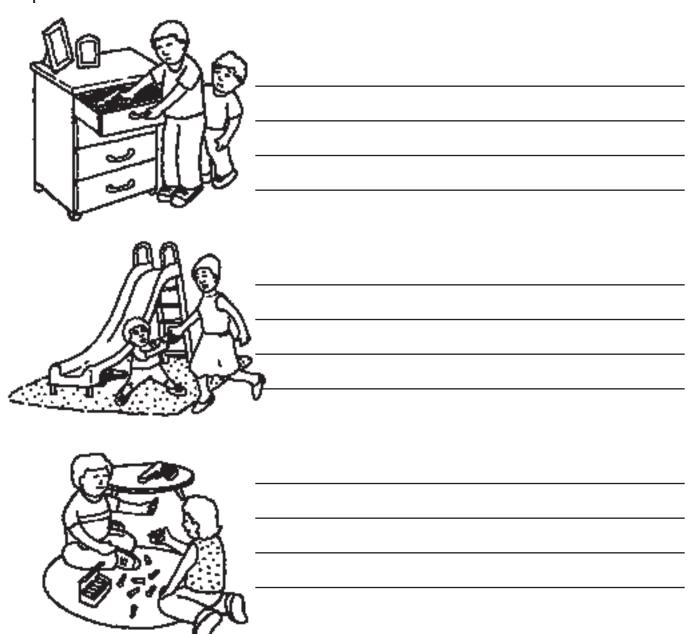
Complete the sentence below by filling in the missing vowels. You may use a vowel more than once.

	а	е	i	0	u
t	p vs	t	n _ t _ c _	t h	ngs.

Name	Lesson.
Date	An injury prevention program from NFPA

You Decide

Look at the pictures below. Describe what is happening in each picture. Tell what you would do. Be sure to use proper capitalization and punctuation.



Name	Lesson
Date	An injury prevention program from NFPA

Risk Watcher

Pretend you are a detective. You are looking for *Risk Watcher* children. *Risk Watchers* are children who know how to keep themselves safe from guns.

In the space provided, write a story about a *Risk Watcher* child. The child should find a gun and follow the right safety rules. Explain why the safety rules are important.

Make sure your story answers the following questions:

- Who is the child?
- What did the child find?
- What did the child do?

Name	Lesson.
Date	
2 0.00	An injury prevention program from NFPA

Follow the Clues

Tell

find a gun.

Read the clues on the left. Unscramble the words that mean the same thing on the right. Then use the correct words in the sentences below.

wait	sayt	stay	
out	waay .	away	
say	letl .	tell	
adult	pu-gorwn .	grown-up	
1. Stay		away	from
guns.			

Complete the sentence below by filling in the missing vowels. You may use a vowel more than once.

а

grown-up if you

	а	е	i	0	u	
/ t	p a V S	t o	notice	t h i	ngs.	

Name	Lesson.
Date	
	An injury prevention program from NFPA

You Decide

Look at the pictures below. Describe what is happening in each picture. Tell what you would do. Be sure to use proper capitalization and punctuation.



An older child shows a younger child a gun that is in a drawer. Tell a grown-up if you find a gun.



A child tells a grown-up that a gun is under the slide. Stay away from guns. Tell a grown-up if you find a gun.



Two children are playing with bullets and a gun is sitting on the table behind them. Stay away from guns. Stay away from bullets (ammunition).

Tell a grown-up if you find a gun.

Name	Lesson
Date	An injury prevention program from NFPA

Risk Watcher

Pretend you are a detective. You are looking for *Risk Watcher* children. *Risk Watchers* are children who know how to keep themselves safe from guns.

In the space provided, write a story about a *Risk Watcher* child. The child should find a gun and follow the right safety rules. Explain why the safety rules are important.

Make sure your story answers the following questions:

• Who is the child?

Answers will vary

- What did the child find?
- What did the child do?

Allsweis will vary.		
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_		
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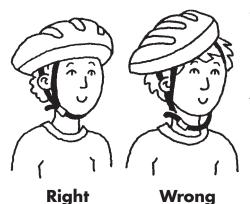


Home Activities

Name the safety rule. Sit outside your home or drive through your neighborhood with your child, and observe other bike riders in the neighborhood. Have your child point out who is and is not wearing a bike helmet and who is or is not following proper bike safety rules. Then have your child tell which rules were broken.

Practice safety rules. Take a walk with your child in the city. Let your child push the button to stop traffic at an intersection with traffic signals. While waiting for the WALK sign, "look left, look right, look left again" for traffic, and be sure to hold hands when crossing the street.

Visit www.riskwatch.org or www.sparky.org for more information and additional activities.



Bike and Pedestrian **Safety**



Your child has been learning bicycle safety rules and the proper way to cross streets and parking lots safely. Young children (aged 10 and under) need the constant supervision of a grown-up to keep them safe from moving vehicles whose drivers may not see small children until it is too late.

In 2001, nearly 314,600 children in the United States, aged 14 and under, were treated in hospital emergency rooms for bicycling-related incidents. Nearly half of children ages 14 and under hospitalized for bicyclerelated injuries are diagnosed with a traumatic brain injury. Studies have shown that wearing a bicycle helmet significantly reduces the risk of a brain injury by 85 percent in the event of an incident. Worn properly, bicycle helmets should sit level on the head, and be snug and comfortable.

Another startling statistic is the number of children killed in pedestrianrelated incidents. In 2000, incidents involving motor vehicles were responsible for the deaths of 534 children aged 14 and under in the United States, and another 172 children of this age died in non-traffic related incidents.

Safeguard your child by being bike-smart. Make sure your child always wears a bicycle helmet when riding a bike, skateboard, scooter, or inline skates and that he or she rides on sidewalks or paths under the direct supervision of a grown-up. Teach your child to make a complete stop when entering a sidewalk, path, or driveway. Also teach him or her to look left, right, and left again for people who may be walking on the sidewalk or path or for vehicles pulling into or out of a driveway, and how to use proper hand signals before stopping or turning.

Teach your child to be street-smart, as well. Make sure your child knows to hold the hand of a grown-up when crossing a street or parking lot. Teach your child to stop at the curb or edge of a road, preferably at an intersection, to make sure the street is clear for crossing, and to never run into the street. Remind your child to listen and look for moving vehicles before crossing the street by looking left, right, and left again.

Data sources: National Center for Injury Prevention and Control; National SAFE KIDS Campaign®; Pediatric Head Injuries and Deaths from Bicycling in the United States, *Pediatrics*, 1996.

Name	Lesson
Date	
	An injury prevention program from NFPA

Find the Answers

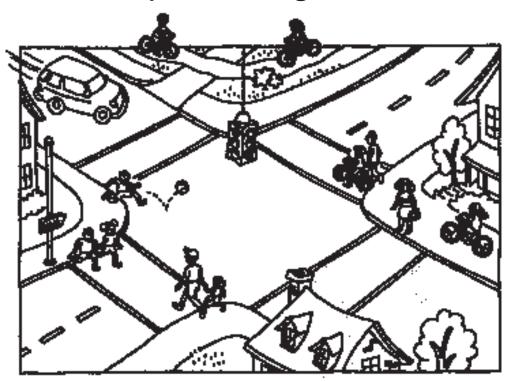
Read each problem. Write the number sentence. Solve the problem. Then answer the question.

So	live the problem. Then answer the questic	n.
1.	On Monday, 4 children rode bikes on the sidewalk. On Wednesday, 2 children rode bikes on the sidewalk. How many children rode bikes? Number sentence:	Show Your Work
	Answer: Where did the children ride their bikes?	
2.	Mrs. Smith has 3 little girls. She took the girls for a walk. She held the hands of only 2 girls as they crossed the street. How many girls walked across the street alone?	Show Your Work
2.	the girls for a walk. She held the hands of only 2 girls as they crossed the street. How many girls walked	Show Your Work
2.	the girls for a walk. She held the hands of only 2 girls as they crossed the street. How many girls walked across the street alone?	Show Your Work

Name	Lesson
Date	
2 0.00	An injury prevention program from NFPA

Something's Right in the Neighborhood

Look at the picture below. Find five places where a bike or pedestrian safety rule is being followed. Circle and number each one. On the lines provided, write the number of each one. Then tell what safety rule is being followed.



	Lesson
Name	
Date	
	An injury prevention program from NFPA

Safety First

Listen to or read the following story. On a separate sheet of paper, answer the questions.

Lindsay has just learned how to ride a twowheel bike. Lindsay asked her mom if she could ride her bike around the block. Her mom said yes.

Lindsay strapped on her helmet. Her mom checked to make sure it was on right. Lindsay got on her bike and started to ride. Her mom walked behind her. Lindsay was proud of herself. This was the first time she had ridden around the block. When Lindsay got to the end of the street, she stopped her bike and got off it. She waited for her mom to help her cross the street. When Lindsay got home, she asked her mom if they could go around the block again.

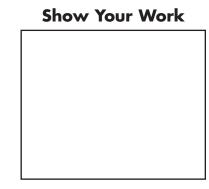
- **1.** What safety tool did Lindsay wear?
- 2. What did Lindsay do when she had to cross the street?
- 3. Who helped Lindsay cross the street?

Name	Lesson
Date	
5 4 6 0	An injury prevention program from NFPA

Find the Answers

Read each problem. Write the number sentence. Solve the problem. Then answer the question.

1. On Monday, 4 children rode bikes on the sidewalk. On Wednesday, 2 children rode bikes on the sidewalk. How many children rode bikes?



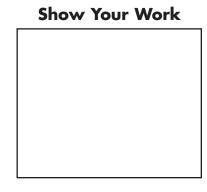
Number sentence:

Answer: 6

Where did the children ride their bikes?

They rode their bikes on the sidewalk.

2. Mrs. Smith has 3 little girls. She took the girls for a walk. She held the hands of only 2 girls as they crossed the street. How many girls walked across the street alone?



Number sentence:

Answer: ____

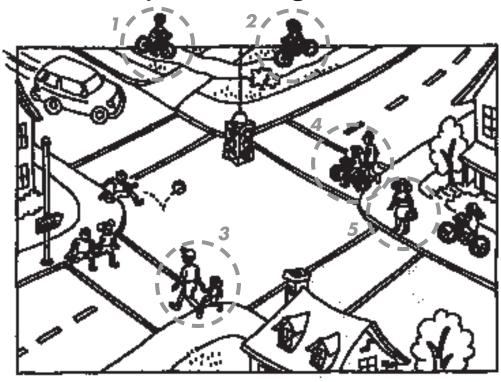
What safety rule did Mrs. Smith break?

Hold the hand of a child (grown-up) when crossing the street.

Name	Lesson
Date	
	An injury prevention program from NFPA

Something's Right in the Neighborhood

Look at the picture below. Find five places where a bike or pedestrian safety rule is being followed. Circle and number each one. On the lines provided, write the number of each one. Then tell what safety rule is being followed.



The order may vary, but students should identify the following places:

1. Ride on a bike path or sidewalk.

- 2. Wear a bike helmet.
- 3. Hold the hand of a grown-up when crossing the street.
- 4. Walk your bike across an intersection.
- 5. Stop at an intersection and wait to cross for the pedestrian signal.

	Lesson
Name	
Date	
	An injury prevention program from NFPA

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- **1.** What safety tool did Lindsay wear? She wore her bike helmet.
- 2. What did Lindsay do when she had to cross the street? She stopped her bike and got off it.
- **3.** Who helped Lindsay cross the street? Her mom.



Water Safety



Home Activities

Know the rules. Brainstorm with your child a list of water safety rules to keep your family safe at the pool, lake, or ocean. Make a poster of the rules with illustrations.

Know the rules of the rink.

Brainstorm with your child a list of water safety rules that apply to ice-skating on a frozen pond or lake. Explain to your child the dangers of skating on a partially frozen pond. (For instance, the ice in one area of the pond may be 12 inches thick, but in another area it may be only one inch thick.) Discuss with your child what to do if he or she is ice-skating and someone falls through the ice into the cold water.

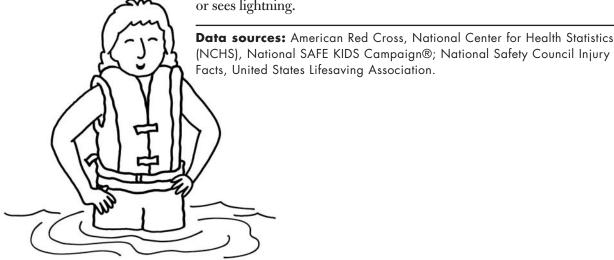
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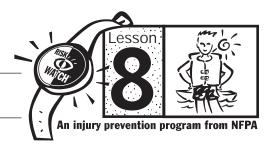
Your child has been learning about water safety and why it's important to follow water safety rules when in or around water. Most drowning incidents occur while swimming, fishing, boating, and bathing. Small children can drown in a bucket of water. In 2000, in the United States, 943 children aged 14 and under drowned.

You can prevent a drowning incident by making sure your child has adult supervision at all times whenever he or she is in or around water. In addition, swimming pools should be enclosed by four-sided fencing that is at least five feet high and is equipped with self-closing and self-latching gates.

Another way to safeguard your child from a drowning incident is to provide ongoing swimming lessons. Swimming lessons help your child learn proper swimming techniques, gain extensive training, and follow water safety rules. If your child cannot swim well, make sure he or she wears a U. S. Coast Guard approved personal flotation device (PFD) when he or she is near water. A PFD will add buoyancy to the body and keep the head and body higher in the water. Inner tubes, rafts, floaties, water wings, and other swimming toys are not considered PFDs and should not be used as such.

In addition, remind your child of the water safety rules. Make sure your child never swims alone; he or she should always have a grown-up present. Remind your child to pay attention to posted signs, such as "No Diving" and "No Running or Jumping." Make sure your child swims only when rested, does not eat food or chew gum while in the water, and does not engage in horseplay in or around the water. Also, remind your child to get out of the water immediately if he or she hears thunder or sees lightning.





Stay Safe

Draw a line to the picture of the lake from each item needed to stay safe while swimming at a lake. Place an X on any item that is not needed to be safe while swimming at a lake.



Floatie



Rules



Grown-up



Lifeguard

Draw a line to the boat from each item needed to stay safe while on a boat. = Place an X on the item that is **not** needed to be safe while boating.



PFD











Name	Lesson
Date	
Date	An injury prevention program from NFPA

Playtime

Read the story below. Answer the questions that follow.

It was a hot summer day. Tamara and her brother Nino were playing ball in their backyard next to the fence. The fence went around their swimming pool, but it was not locked.

Tamara hit the ball to Nino, but it flew over the fence. Splash! The ball landed in the pool. Tamara went inside the house to get their mother. The children knew they were not allowed to be near the water without a grown-up watching.

Nino didn't want to wait, so he opened the gate of the fence and went inside to get the ball. Nino slowly leaned over the side of the pool. Splash! Now Nino was in the water, too.

1.	Who are the main characters in the story?
2.	Why did Tamara go inside the house to get her mother?
3.	What safety rule did Nino break?

4. On a separate sheet of paper write the ending to the story.

Name	Lesson.
Date	
Date	An injury prevention program from NFPA

Write about Water Safety

In the space provided, write two important water safety rules. Draw a picture to show each rule.

Name -			

In injury prevention program from NFPA

Date.

Stay Safe

Draw a line to the picture of the lake from each item needed to stay safe while swimming at a lake. Place an X on any item that is not needed to be safe while swimming at a lake.







Floatie

Rules

Grown-up

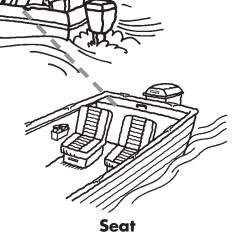
Lifeguard

Draw a line to the boat from each item needed to ____ stay safe while on a boat. = Place an X on the item that is **not** needed to be safe while boating.









Name	Lesson
Date	An injury prevention program from NFPA

Playtime

Read the story below. Answer the questions that follow.

It was a hot summer day. Tamara and her brother Nino were playing ball in their backyard next to the fence. The fence went around their swimming pool, but it was not locked.

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Nino didn't want to wait, so he opened the gate of the fence and went inside to get the ball. Nino slowly leaned over the side of the pool. Splash! Now Nino was in the water, too.

- **1.** Who are the main characters in the story? *Tamara and Nino*.
- 2. Why did Tamara go inside the house to get her mother?

 Tamara went to tell her mother that the ball was in the pool.
- 3. What safety rule did Nino break?

Never go near the water without a grown-up present.

4. On a separate sheet of paper write the ending to the story. **Answers will vary.**

Name	Lesson	-06-7 -0-7
Date		
Date	An injury prevention pr	ogram from NFPA

Write about Water Safety

In the space provided, write two important water safety rules. Draw a picture to show each rule. **Answers will vary.**

4	
2.	

Grade 2 Risk Watch Messages

Motor Vehicle Safety

- 1. Always ride buckled up in the back seat in a child safety or booster seat.
- 2. Learn and practice school bus safety rules.

Fire and Burn Prevention

- 1. If your clothes catch fire, stop, drop, and roll.
- 2. Know what to do when the smoke alarm sounds.
- 3. Hot things can hurt you.
- **4.** Tell a grown-up if you find matches or lighters.

Choking, Suffocation, and Strangulation Prevention

- 1. Eating is serious business.
- 2. Save your breath.

Poisoning Prevention

- 1. Take medicine only from a grown-up you trust.
- **2.** Ask a grown-up before eating or drinking anything.
- 3. Tell a grown-up if someone finds poison.

Fall Prevention

- 1. Stay away from open windows.
- 2. Avoid playing on stairs and escalators.
- 3. Learn and practice safe play rules.
- 4. Play on "soft" play surfaces.

Firearms Injury Prevention

- 1. Tell a grown-up if you find a gun.
- 2. Stay away from guns and ammunition.

Bike and Pedestrian Safety

- 1. Cross the street with a grown-up.
- **2.** Learn and practice bike safety rules.
- **3.** Wear a helmet every time you ride.
- 4. See and be seen.

Water Safety

- 1. Always swim with a grown-up.
- 2. Wear a personal flotation device (PFD) when in or around water.
- **3.** Learn and practice the water safety rules.
- 4. Stop, look, and test before entering lakes and pools.
- **5.** Be safe on ice.



What did you learn? (Pre -Test) What did you learn? (Post-Test) Safety Stories for Grades 1 & 2

Read these questions aloud to your students and ask them to place a mark (an X or anything else they are comfortable with) in the box on their answer sheet that shows the answer they think is correct. The test is divided into two subtests. If you believe your students will not be able to concentrate long enough to complete the entire test at one time, administer the two subtests on separate occasions within a two-day period. It is all right to administer both subtests in a single day. Use your own judgment.

SUBTEST 1

1

What should you do every time you ride in a car? The first choice says "sit near a window." The second choice says "buckle your safety belt"

- A. sit near a window
- ✓ B. buckle your safety belt

2

If a child is upstairs and hears someone outside yelling, what should the child do if the window is wide open? The first choice says "stay away." The second choice says "lean out the window to see who's there."

- ✓ A. stay away
 - B. lean out the window to see who's there

3

What is the safest way to eat? The first choice says "take small bites." The second choice says "chew as fast as you can."

- ✓ A. take small bites
 - B. chew as fast as you can

4

When is it safe to jump in the water? The first choice says "when the water looks deep enough." The second choice says "when a grown-up says it's OK."

- A. when the water looks deep enough
- ✓ B. when a grown-up says it's OK

5

If someone at your house has a gun, where is the safest place to keep it? The first choice says "on a high shelf." The second choice says "in a locked case."

- A. on a high shelf
- ✓ B. in a locked case

6

You and two friends are playing with action figures. One friend thinks that the stairs would be a good place to play. The other friend thinks the grass would be a better place to play. Which is the safest place to play? The first choice says "stairs." The second choice says "grass."

- A. stairs
- ✓ B. grass

7

If you found matches in the yard, would you tell a grown-up or give them to a grown-up? The first choice says "give." The second choice says "tell."

- A. give
- ✓ B. tell

8

If a grown-up leaves their medicine bottle on the sink where you can reach it, what should you do? The first choice says "give the bottle to a grown-up." The second choice says "tell a grown-up."

- A. give the bottle to a grown-up
- ✓ B. tell a grown-up

9

If you need to call 9-1-1 or the fire department for an emergency, what should you tell them? The first choice says "tell them what happened and your name, address and phone number." The second choice says "tell them what happened, ask them to come quickly, then hang up right away."

- ✓ A. tell them what happened and your name, address and phone number
 - B. tell them what happened, ask them to come quickly, then hang up right away

10

Before you go out to play on the swing set, what should you do? The first choice says "put on a cap." The second choice says "take off things that hang around your neck."

- A. put on a cap
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11

You are playing near a bush that has red berries on it. They look like they might taste good. What should you do? The first choice says "ask a grown-up." The second choice says "eat one."

- ✓ A. ask a grown-up
 - B. eat one

12

The school bus has just dropped you off after school. How many giant steps should you take to move away from the bus? The first choice says "3." The second choice says "5."

- A. 3
- ✓ B. 5

SUBTEST 2

13

If you are in a hurry to go outside and play and your shoelaces are untied, what is the safest thing to do? The first choice says "stop and tie them." The second choice says "take your shoes off."

- ✓ A. stop and tie them
 - B. take your shoes off

14

You are sitting at the table eating grapes. Your sister calls to say the ice cream truck is coming and she will treat you to some ice cream. You have just put a grape in your mouth. What should you do? The first choice says "finish eating the grape." The second choice says "run to your sister."

- ✓ A. finish eating the grape
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15

When you go swimming, when should you wear a PFD (personal flotation device)? The first choice says "always." The second choice says "only when someone tells you to."

- ✓ A. always
 - B. only when someone tells you to

16

You are going for a bike ride. You get your bike and stop to put something on. What would you need to put on before you begin riding your bike? The first choice says "a sweater." The second choice says "a helmet."

- A. sweater
- ✓ B. helmet

17

Where should the shoulder strap be when you ride in a car? The first choice says "under your arm." The second choice says "tightly across your shoulder."

- A. under your arm
- ✓ B. tightly across your shoulder

18

If your friend brings a bullet to school to show you, what should you do? The first choice says "tell a grown-up." The second choice says "ask to look at it more closely, but don't touch it."

- ✓ A. tell a grown-up
 - B. ask to look at it more closely, but don't touch it

19

You are walking down the street with your big brother. You need to cross the street. Where should you cross? The first choice says "at the crosswalk." The second choice says "go between the parked cars."

- ✓ A. at the crosswalk
 - B. go between the parked cars

20

Your family should do what to be ready in case there were a fire in your house or apartment? The first choice says "have an escape plan." The second choice says "make sure a grown-up knows how to put out a fire."

- ✓ A. have an escape plan
 - B. make sure a grown-up knows how to put out a fire

21

You are playing in front of your house. You see your best friend across the street. You are excited to see your friend and want to play together. You look both ways and don't see any cars on the street. How should you cross the street? The first choice says "with a grown-up." The second choice says "run quickly."

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Where should cleaning supplies be kept? The first choice says "under the kitchen or bathroom sink." The second choice says "high on a shelf."

- A. under the kitchen or bathroom sink
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If your friend has a gun but you can't tell if it is a real gun or a toy gun, what is the safest thing to do? The first choice says "pick it up to see if it is heavy enough to be a real gun." The second choice says "tell a grown-up."

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You have been invited to go to a swimming pool with a friend and the friend's mother. When you get there, you want to get into the pool quickly because it is very warm and you want to cool off. What is the safest way to get into the pool? The first choice says "dive in head first." The second choice says "jump in feet first."

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Grades 1 & 2



What do you know? (Pre-Test) What did you learn? (Post-Test) Safety Stories for Grades 1 & 2

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WHAT DO YOU KNOW? GRADES 1-2

NAME:



when a grown-up says

it's OK

☐ in a locked case

	PART 1—MARK THE BOX	NEXT TO YOUR CHOICE
1	☐ sit near a window	☐ buckle your safety belt
2	☐ stay away	☐ lean out the window to see who's there
3	☐ take small bites	chew as fast as you can

when the water looks

deep enough

on a high shelf

6	stairs	grass
7	give	tell
8	give the bottle to a grown-up	tell a grown-up
9	tell them what happened and your name, address and phone number	tell them what happened, ask them to come quickly, then hang up right away
10	put on a cap	take off things that hang around your neck
11	ask a grown-up	eat one
12	3	5

PART 2—MARK THE BOX NEXT TO YOUR CHOICE

13		stop and tie them	take your shoes off
14	<u> </u>	finish eating the grape	run to your sister
15	0	always	only when someone tells you to
16		sweater	helmet
17		under your arm	tightly across your shoudler
18		tell a grown-up	ask to look at it more closely, but don't touch it
19		at the crosswalk	go between the parked cars

20	have an escape plan	make sure a grown-up knows how to put out a fire
21	with a grown-up	run quickly
22	under the kitchen or bathroom sink	high on a shelf
23	pick it up to see if it is heavy enough to be a real gun	tell a grown-up
24	dive in head first	jump in feet first

Stop Here.



WHAT DID YOU LEARN?

NAME:____

GRADES 1-2

An injury prevention
prevention program from NFPA

PART 1—MARK THE BOX NEXT TO YOUR CHOICE		
1 □ sit near a window	☐ buckle your safety belt	
2 □ stay away	lean out the window to see who's there	
3 □ take small bites	☐ chew as fast as you	

- 4 ☐ when the water looks deep enough
- when a grown-up says it's OK

5 □ on a high shelf

☐ in a locked case

can

6	stairs	grass
7	give	tell
8	give the bottle to a grown-up	tell a grown-up
9	tell them what happened and your name, address and phone number	tell them what happened, ask them to come quickly, then hang up right away
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24	dive in head first	jump in feet first

Stop Here.



WHAT DO YOU KNOW? -ANSWERS WHAT DID YOU LEARN? -ANSWERS GRADES 1-2



PART 1—MARK THE BOX NEXT TO YOUR CHOICE

1	☐ sit near a window	✓ buckle your safety belt
2	✓ stay away	☐ lean out the window to see who's there
3	✓ take small bites	chew as fast as you can
4	when the water looks deep enough	✓ when a grown-up says it's OK
5	on a high shelf	✓ in a locked case

6		stairs	•	grass
7	<u> </u>	give	•	tell
8		give the bottle to a grown-up	✓	tell a grown-up
9	•	tell them what happened and your name, address and phone number		tell them what happened, ask them to come quickly, then hang up right away
10		put on a cap	~	take off things that hang around your neck
11	v	ask a grown-up		eat one
12		3	/	5

PART 2—MARK THE BOX NEXT TO YOUR CHOICE

13	~	stop and tie them		take your shoes off
14	~	finish eating the grape		run to your sister
15	✓	always		only when someone tells you to
16		sweater	/	helmet
17		under your arm	~	tightly across your shoulder
18	~	tell a grown-up		ask to look at it more closely, but don't touch it
19	~	at the crosswalk		go between the parked cars

20	•	have an escape plan		make sure a grown-up knows how to put out a fire
21	/	with a grown-up		run quickly
22		under the kitchen or bathroom sink	✓	high on a shelf
23		pick it up to see if it is heavy enough to be a real gun	V	tell a grown-up
24		dive in head first	/	jump in feet first

Stop Here.



Evaluation Instruments

Teacher's Name:	 Grade:

Risk Watch® Test Scores

Summary Sheet



This form can be used to record student knowledge test scores before participating in the Risk Watch program. After studying all the risk areas, have students take the Knowledge Test again and record the test scores after the program. Converting the test scores to percents will help you calculate the overall class knowledge gain.

Student's Name	Number of Correct Answers before Program	Percentage of Correct Answers before Program	Number of Correct Answers after Program	Percentage of Correct Answers after Program
	Total Percentages:			
	Class Avorago			

Risk Watch® User Survey Form



Please duplicate this form for future submissions

e want to know what you think of *Risk Watch*®. Use this User Survey Form to let us know how the program has worked in your classroom and ideas to make the program even better.

Name:
School:
Address:
City:
State/Province: Zip/Postal Code:
Grade Level:
What do you like about Risk Watch?
What do children and caregivers like about <i>Risk Watch</i> ?
What recommendations do you have to make the program better?
1 0



If you have observed a positive change in the behavior of any of your students as a result of their participation in the *Risk Watch* program, please use the *Risk Watch* Success Incident Report Form to document it. Your class or student may be eligible to receive a certificate of recognition from NFPA!

Return completed form to:

NFPA, Public Education Division, 1 Batterymarch Park, P.O. Box 9101, Quincy, MA 02169-7471 Fax: (617)770-0200

Risk Watch® Success Incident Report



Please duplicate this form for future submissions

Watch Success" you tell us about.

We want to recognize students and others in your community who have put their Risk Watch* safety lessons into action. We'll mail a special commemorative certificate to your local hero for each documented "Risk Watch Save" or "Risk Watch Success" you tell us about.

A "Risk Watch Save" certificate will be presented to a person whose actions, learned as a direct result of participation in NFPA's *Risk Watch* program, have resulted in the preservation of human life, or whose positive intervention has prevented or minimized a potentially life-threatening situation. (Examples: Nominee followed a pre-established escape plan and survived a home fire, survived a motor vehicle collision through the proper use of safety belts or a child restraint seat, avoided severe head injury in an actual bicycle incident by wearing a bike helmet; and so forth.)

A "Risk Watch Success" certificate will be presented to a person whose actions, learned as a direct result of participation in NFPA's Risk Watch program, have reduced the danger of a potentially harmful situation. (Examples: Nominee persuaded caregiver to install a smoke alarm or practice a home fire drill; convinced a friend to wear a bicycle helmet or safety belt; told a responsible adult that he or she had found matches, poison, ammunition, or a gun; and so forth.)

In order for NFPA to issue a certificate in a timely fashion, please be as detailed as possible when completing this form.

Submitted by:
School or organization:
Address:
Telephone number:
Fax number:
E-mail:



NFPA will review the information provided on the *Risk Watch* Success Incident Report and determine the viability of the incident. Successes and Saves will be acknowledged with a certificate of commendation signed by the President of NFPA. The certificate will be sent to the person listed below for presentation to the individual who performed the safe behavior. Please specify contact name, complete address, and telephone number for NFPA to send the certificate.

When will the certificate be presented?

continued...

Risk Watch® Success Incident Report



continued...

Who performed the Risk Watch behavior?
Age of individual at the time of the incident: Grade:
Name and ages of all children involved:
Date of incident:
City/town where the incident occurred:
Exact location where incident took place:
In the event of a "Save," NFPA will contact the child's family, please include amily's home phone number in your initial report:
Name of teacher who taught the individual the Risk Watch behavior:
When was Risk Watch first implemented in the classroom?
When was Risk Watch first implemented in the community?
Please indicate the risk area involved with this incident (check box):
☐ Motor Vehicle Safety
☐ Fire and Burn Prevention
☐ Choking, Suffocation, and Strangulation Prevention
☐ Poisoning Prevention
☐ Falls Prevention
☐ Firearms Injury Prevention
☐ Bike and Pedestrian Safety
☐ Water Safety



Please write a detailed summary of the incident, spelling out exactly what happened and what steps were taken by each person involved in the incident. Also explain how the child's action(s) positively impacted his/her safety and that of others. Attach documentation such as a newspaper article or incident report, if available.

Return completed form to:

NFPA, Public Education Division, 1 Batterymarch Park, Quincy, MA 02169

Risk Watch®Diploma



NFPA recognizes

as an official Risk Watcher.

D A T E

T E A C H E R